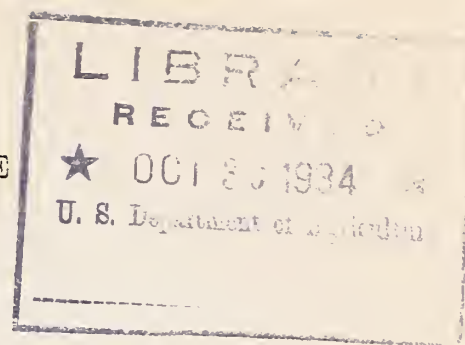


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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
Washington, D.C.



CLASSIFICATION OF FRUITS AND VEGETABLES
according to their carbohydrate content

For calculating the carbohydrate content of diabetic diets, it is convenient to group the fruits and vegetables into several classes such that all those in any one class may be calculated at the same carbohydrate content. In the following classification there are six groups, in which carbohydrate is calculated at the percentages indicated. Most fruits and vegetables, whether fresh or canned, fall into these six classes. A few, however, are too high in carbohydrate to come in any of these groups, and they are listed in a miscellaneous group.

The classification is based on figures for carbohydrate calculated as nitrogen-free extract, that is, as total carbohydrate excluding fiber. Since it is generally considered that fiber is not utilized by the body, nitrogen-free extract is probably the fairer measure of available carbohydrate.

The data for this classification are taken for the most part from U. S. Dept. Agriculture Circulars 50 and 146 on the proximate composition of fresh fruits and fresh vegetables and from O.E.S. Bulletin 28, "The Chemical Composition of American Food Materials." These publications may be consulted for further details. A few of the data are taken from unpublished averages on file in the Bureau of Home Economics.

The fruits and vegetables in these various groups represent fresh material except where specifically designated as canned. The canned fruits, however, are special water-pack products and not the fruits canned in sirup as ordinarily found on the market. The carbohydrate values for any group refer to the raw edible portion of fresh products and to the net contents of can in the case of canned products. In estimating the weight of a serving of canned food, the solid portion and its proportional part of liquor must be considered together. Usually canned foods are somewhat lower in carbohydrate content than the corresponding fresh material due to dilution by added water or brine in canning.

587 (10/15/34)
Food Composition Section.

CARBOHYDRATE GROUPING OF FRUITS AND VEGETABLES

Three Percent Carbohydrate

Asparagus, fresh	Endive	Sorrel
and canned	Fennel	Spinach, fresh
Bamboo shoots	Lettuce	and canned
Beans, green and wax,	Mungbean sprouts	Spinach, New
canned	Mustard greens	Zealand
Beet greens	Okra, canned	Squash, summer
Broccoli	Poke shoots	Strawberries, canned
Cabbage	Purslane	Tomatoes, fresh
Cabbage, Chinese	Radishes	and canned
Cauliflower	Rhubarb, fresh	Tomato juice, fresh
Celery	and canned	and canned
Chard	Romaine	Turnip tops, fresh
Chicory, leaves	Sauerkraut, fresh	and canned
Cornsalad	and canned	Vegetable marrow
Cucumbers	Seakale	Watercress
Dock		

Six Percent Carbohydrate

Beans, scarlet runner	Eggplant	Plums, canned
Beans, snap	Gooseberries, canned	Pumpkin
Beets, canned	Kohlrabi	Pumpkin and squash,
Blackberries, canned	Lambsquarters	canned
Blackberry juice	Leeks	Squash, cushaw
Celery root, or	Muskmelon, including	Squash, winter
celeriac	cantaloupe, honeydew,	Strawberries
Chayote, fruit	Spanish melon	Strawberry juice
Chives	Okra	Tomato puree, canned
Collards	Peaches, canned	Turnips
Dandelion greens	Peppers, green and red	Watermelon

Nine Percent Carbohydrate

Apple sauce, canned	Cranberries	Loganberries, canned
Apricots, canned	Currants	Loganberry juice
Artichokes, Globe	Currant juice	Onions
or French	Gooseberries	Papayas
Asparagus-beans, pods	Grapefruit, fresh	Pears, canned
Beets	and canned	Peas, very young
Blackberries	Grapefruit juice	Peas, canned
Brussels sprouts	Lemons	Raspberries, canned
Carrots	Lemon juice	Raspberry juice
Cherries, red, canned	Limes	Rutabagas
Cherries, white,	Lime juice	Tangerines
canned	Limes, sweet	

Twelve Percent Carbohydrate

Apple juice	Oranges	Pineapple juice, fresh
Apricots	Orange juice	and canned
Beans, lima, canned	Peaches	Plums, (excluding
Cherries, sour	Peach juice	prunes)
Grapes, canned	Pineapple, fresh	Prunes, canned
Guavas	and canned	Raspberries, black
Mulberries		and red

Fifteen Percent Carbohydrate

Apples	Grapes, American	Nectarines
Blueberries, fresh	Grapes, European	Parsnips
and canned	Jerusalem-artichoke,	Pears
Blueberry juice	tubers	Peas, medium
Corn, green, very	Kumquats	Salsify
young	Loganberries	Vegetable oyster
Figs, canned	Mangos	

Eighteen Percent Carbohydrate

Beans, baked	Crabapples	Persimmons, Japanese
Beans, red kidney	Figs	Pomegranates
canned	Grapejuice, un-	Potatoes
Cherries, sweet	sweetened	Succotash, canned
Corn, canned		

Miscellaneous Group, High Carbohydrate

Bananas	Cowpeas, green	Prunes, fresh
Beans, lima	shelled	Sweetpotatoes, fresh
green shelled	Peas, old	and canned
Blackeye peas,	Persimmons, native	Tomato catsup
green shelled	Plantain or baking	
Corn, medium and old	banana	

Corn and peas given in these lists are described as young or medium. It should be pointed out that as these vegetables mature there is a pronounced increase in their carbohydrate content. For this reason only very young green corn, and only young or medium peas are low enough in carbohydrate to be included in the classified lists.

Mushrooms are of negligible carbohydrate and fuel value.

Soybeans may be calculated at 6% carbohydrate since much of the carbohydrate they contain is in a form that we suppose is not utilized by the body.

Avocados, though not high in carbohydrate, are extremely variable in fat content which is apt to be very high.

